

### ABSTRACT OF THE DISCLOSURE

A unitized mat to facilitate growing plants includes at least two polymeric material layers defining fluid-conveying passageways forming distribution headers and a flow restrictor, an inlet for delivery of a fluid into the distribution headers, and an outlet for dispensing fluid into a root zone area covered by at least one layer of the polymeric material layers. The polymeric layers are sized and shaped to cover an area immediately around at least one plant. The flow restrictor, for metering the fluid, is in fluid connection with the distribution header and a multi-dimensional array of outlets. The present invention combines a fluid distribution device and artificial mulching. The method of manufacturing and using the unitized mat to enhance the growth of plants is also disclosed.